



Jericho Primary School Newsletter

A Smile Is Always Returned

Dear parents and carers,

Spring is in the Air at Jericho Primary!

With daffodils blooming all around and the familiar spring storms keeping us on our toes, there's a fresh energy buzzing through the school this week. I've had the pleasure of beginning my lesson visits across the school, and it's been wonderful to see the hard work and enthusiasm of our pupils in action.

I joined Year 5 as they explored the realities of living in slums, gaining valuable insights into different ways of life. Meanwhile, Year 3 impressed me with their vivid descriptive writing inspired by their current novel—some truly fantastic work!

In assembly, we've been focusing on how our brains work and the power of a growth mindset. This week's theme was the magic of the word "Yet." We talked about how adding "yet" to phrases like "I can't" can transform our thinking and open up new possibilities.

Another week filled with dedication, learning, and plenty of smiles—thank you for your continued support!

Masked Singer Returns

Excitement is building as the Masked Singer competition makes its much-anticipated return! Our staff have been busy tuning up and practising their repertoire, ready to dazzle and surprise. Children will get their first glimpse of the mysterious singers on Monday, sparking curiosity and fun across the school. Be sure to watch our Facebook page for your chance to join in the excitement, vote for your favourites, and enjoy this fantastic community event!

Get Ready for Red Nose Day – Friday 20th March! On SALE FROM MONDAY

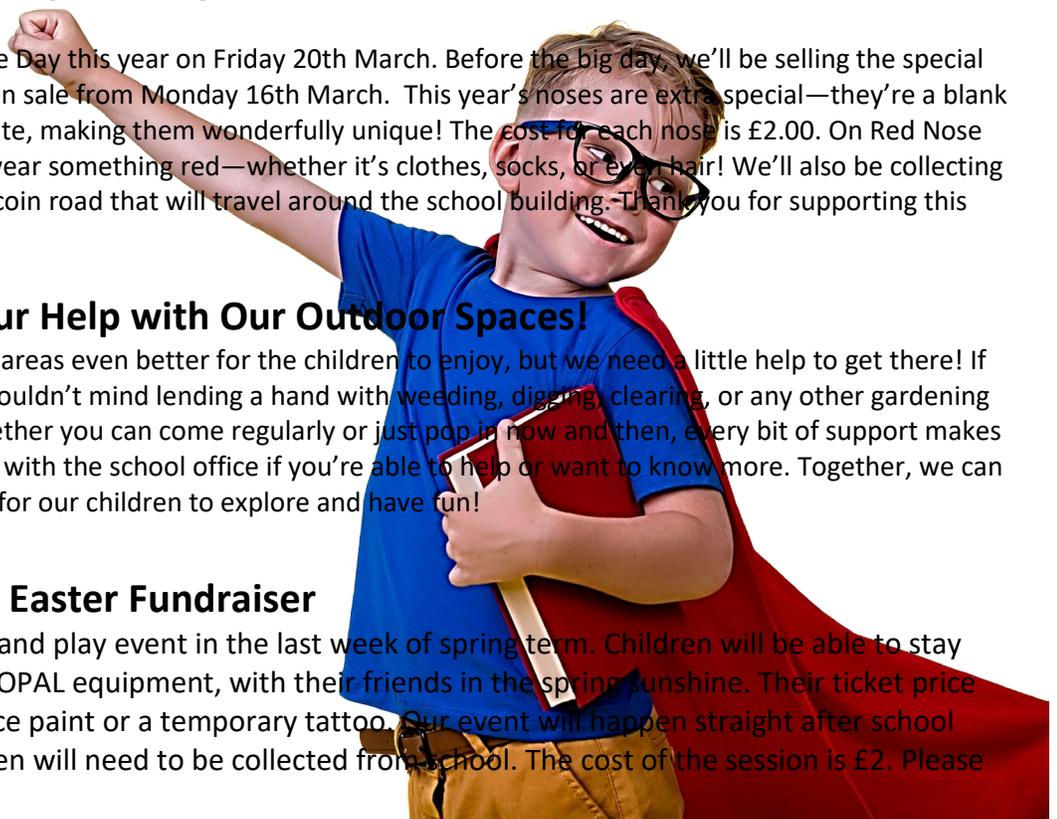
We're excited to celebrate Red Nose Day this year on Friday 20th March. Before the big day, we'll be selling the special Red Noses in school, which will be on sale from Monday 16th March. This year's noses are extra special—they're a blank canvas for you to design and decorate, making them wonderfully unique! The cost for each nose is £2.00. On Red Nose Day itself, we invite all children to wear something red—whether it's clothes, socks, or eye hair! We'll also be collecting any spare loose change to create a coin road that will travel around the school building. Thank you for supporting this fun and important event

We Could Really Use Your Help with Our Outdoor Spaces!

We're excited to make our outdoor areas even better for the children to enjoy, but we need a little help to get there! If you have some time to spare and wouldn't mind lending a hand with weeding, digging, clearing, or any other gardening tasks, we would be so grateful. Whether you can come regularly or just pop in now and then, every bit of support makes a big difference. Please get in touch with the school office if you're able to help or want to know more. Together, we can create more wonderful play spaces for our children to explore and have fun!

Friends of Jericho: OPAL Easter Fundraiser

We will be holding an OPAL stay and play event in the last week of spring term. Children will be able to stay after school and enjoy using the OPAL equipment, with their friends in the spring sunshine. Their ticket price will include a drink and snack, face paint or a temporary tattoo. Our event will happen straight after school and end at 5pm, where all children will need to be collected from school. The cost of the session is £2. Please see below for the event dates:



KS1 (Reception, Year 1 and Year 2) - Tuesday 24th March
KS2 (Year 3, Year 4, Year 5 and Year 6) - Thursday 26th March
Nursery (in their own area) - Thursday 26th March

Tickets will be available to purchase from Monday 16th March. If your child would like to stay and play, please could you send them in with their £2 in a named envelope to their class teacher. We will then keep a list of children who are attending the event, rather than handing out tickets in case they get lost.

We will also be holding an easter egg raffle, where you can win an easter egg hamper. Raffle tickets will be available to purchase via Arbor shortly.

We hope you can support us in this event!

Helping Our Children Navigate Mental Health Advice Online

We know that many children and young people are turning to social media platforms like TikTok and Instagram when they want advice about mental health. But the tricky thing is, a lot of what they find online isn't always accurate — it can be oversimplified, misleading, or just plain wrong. Sometimes, complicated clinical terms get used in the wrong way, and viral trends can make it even harder for them to understand what's really going on.

That's why we wanted to share a helpful guide aimed at parents and educators. It's packed with clear, expert advice on how to support your child in sorting fact from fiction. The guide covers how to encourage open and honest conversations about mental health, spot trustworthy sources, and work together with the school to keep everyone informed and supported.

By using these strategies, we can help our children build their critical thinking skills, boost their resilience, and feel confident knowing when and how to ask for professional help if they need it. Together, we can make sure they get the right support, both online and offline

Celebrations

Jack in Year 4 has recently undertaken training with the Newcastle United Academy Team at their training ground. Well done Jack, on a great achievement.

Sienna in year 5 competed alongside her U12s team in the Jamfest cheer competition last weekend at the Blackpool Winter Gardens. They came 2nd. An amazing achievement!

Golden Work

Erin in Year 5 for fantastic, balanced argument writing.

Leo in Year 1 for brilliant story sequence sentences in his writing.

Abel in Reception - for superb independent sentences.

Rory in Reception for his wonderful independent line tracing in Art and his superb set 2 sound knowledge!

Ollie in Year 1 for brilliant writing in RE.

Pearl in Year 5 for her superbly written balanced argument in English

Darcy in Year 3 for writing super independent sentences with adverbs and prepositions.

Cass in nursery for his wonderful independent map work

Xander in reception for his wonderful improvement in writing!

Harris, Connie and Lucy in Year 3 for fantastic addition and subtraction of grams and kilograms in Maths.

Starr in year 5 for her superb mystical story writing

Looking ahead:

20th March - Red Nose Day in School

23rd March - Nursery trip to Muncaster Castle

25th March - Class Photos in School

27th March - School Closes for the Easter Break @ normal time.



13th April - School reopens for the Summer Term 1.
 29th April – 1W Farm visit
 4th May - Bank Holiday Monday.
 6th May – 1H Farm visit
 Friday 22nd May - School Closes for Half Term
 Monday 1st June - School reopens for Summer Term 2

Residential:

Year 5 - 11th May - 13th May
 Year 3 - 21st May - 22nd May
 Year 4 - 10th June - 12th June
 Year 6 - 23rd June - 26th June.

School year 2025 to 2026

Term	Start of term	Half term	End of term
Autumn	Wednesday 3 September 2025	Monday 27 October to Friday 31 October	Friday 19 December 2025
Spring	Wednesday 7 January 2026	Monday 16 February to Friday 20 February	Friday 27 March 2026
Summer	Monday 13 April 2026	Monday 25 May to Friday 29 May	Friday 17 July 2026



The Lowther Club
— WHITEHAVEN —

PRESENTS

Children's
Easter Party!

Easter bonnet &
Decorated Egg
Competition!

Egg
Dumping!

Puppet &
Magic Show!

Glitter
Tattoos!

£5 Per Child

4th April at 4pm till 6pm

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College